


Group Exercise Schedule December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9:00 am Group Cycle 10:15 am SS Classic 5:15 pm Retro Robics 6:30 pm Group Cycle	4 9:30 am SS Circuit 6:30pm Total Body	5 10:15 am SS Classic 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	6	7
8	9 10:15am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	10 9:00 am Group Cycle 10:15 am SS Classic 5:15 pm Retro Robics 6:30 pm Group Cycle	11 9:30 am SS Circuit 5:15 pm Yoga 6:30pm Total Body	12 10:15 am SS Classic 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	13 5:15 pm Happy Hour	14
15	16 10:15am Chair Zumba 11:15 am Chair Yoga 5:15 pm Kickin' Combo 6:30 pm Total Body	17 9:00 am Group Cycle 10:15 am SS Classic 11:30 am Lunch Bunch 5:15 pm Retro Robics 6:30 pm Group Cycle	18 9:30 am SS Circuit 6:30pm Total Body	19 10:15 am SS Classic 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	20 5:15 pm Happy Hour	21
22	23 10:15am Chair Zumba 5:15 pm Kickin' Combo	24 9:00 am Group Cycle 10:15 am SS Classic	25 	26 11:15 am Chair Zumba 5:15 pm Low Impact	27	28
29	30 10:15am Chair Zumba 11:15 am Chair Yoga 5:15 pm Kickin' Combo 6:30 pm Total Body	31 9:00 am Group Cycle 10:15 am SS Classic				

For your convenience please pre-register for classes at the front desk

Sue - SS Classic, SS Circuit (wed.); Nancy - Retro-Robics; Abby - Yoga, Chair Yoga;
Maria - Total Body, Group Cycle PM; Michele - Kickin' Combo, Low Impact, Happy Hour; Vickie: Chair Zumba; Val: Group Cycle AM

CLASS DESCRIPTIONS

Yoga- Creating a balanced flow between your mind and body will create this class of relaxation. Not only will this class focus on your flexibility, but it will also improve your cardiovascular health and muscle recovery at the same time.

Group Cycle- Group Cycling is a high energy indoor cycling class set to music using a stationary bike with a weighted fixed-gear flywheel. Riders of all abilities can spin together and tailor their training session by individually controlling their cadence and/or adjusting the bike's resistance.

Happy Hour- Start your weekend with a Friday Happy Hour workout! Get rid of your end-of-the-week stress with some aerobic training and resistance training.

Kickin' Combo- No bags, no gloves, just a "knockout" workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

Low Impact- Low impact doesn't have to mean low intensity! This is a fat-burning workout that keeps one foot on the ground at all times.

Retro-Robics - A "Blast from the Past" class! Traditional aerobics that will help you work up a sweat, infused with a variety of other workout styles.

SilverSneakers Circuit[®]- Experience low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill. A chair is available for seated or standing support.

SilverSneakers Classic[®]- A variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and small balls are used for resistance. A chair is available for seated or standing support.

Total Body- Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.

Chair Yoga- This yoga flow takes relaxation to the next level by completing the whole class seated. Stretching with aided balance provides a peaceful, rejuvenating experience for all skill-levels.

Chair Zumba- A seated full body workout to liberating and fun music. Experience Zumba like you never experienced it before.